



Heidi's 3-A-Day Dairy



Dairy products are loaded with calcium which keeps our bones healthy and strong. The USDA recommends that we have 3 servings of dairy every day, so try some of these yummy snacks: yogurt and fruit parfaits, low fat cheese and crackers, baked mozzarella sticks or even a delicious salad with low fat cheese on top.

Ambrose/Lincoln
Elementary School
November 2010



LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte	\$1.25

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
10 Lunches=30.00 30 Lunches= 90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.



ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit



**If you have a food allergy, please speak to the Director or Lead Server.*

**Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.*

**Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

Kevin Silvia @ 781-721-7033
WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V = VEGETARIAN SELECTION
HEALTHIER CHOICE
P = PORK PRODUCT

MONDAY

1. **Chicken Parmesan** 1
Sandwich & Soup
Breaded chicken sandwich topped w/ marinara sauce, provolone cheese.
Served w/ Chicken Soup
2. Garden Salad Topped w/ Tuna
Steamed Corn

TUESDAY

No School
All Levels

WEDNESDAY

1. **Build A Better Burger** 3
All beef burger w/ a choice of cheese, bacon, lettuce on a bun
Served w/ potato wedges .
2. Ham & Cheese Wrap
Honey Glazed Carrots

THURSDAY

1. **Oven Baked Chicken** 4
Baked Breaded chicken served w/ mashed potatoes & steamed corn
2. Roast Beef & cheese on a roll.
Cupped Cranberry Sauce

FRIDAY

1. **Gloria's Pizza** 5
Cheese Pizza slice
2. Chicken Caesar Salad
Carrot Sticks w/ dip

1. Brunch for Lunch 8

French Toast w/syrup, scrambled eggs & Sausage Patties
2. Egg Salad Wrap
Sliced Apples

1. Gloria's Pizza 9

Whole Wheat Cheese Pizza Slice
2. BLT Cheese Bagel Romaine Salad
Served w/Honey Mustard Dressing

1. Nacho Fiesta 10

Nacho chips served w/ mexi beef & shredded cheese & salsa.
2. American Sub
Carrot Stick W/LF Dip

Veterans Day 11

No School
All Levels

1. Gloria's Pizza 12

Cheese Pizza slice
2. Garden Salad topped w/ tuna
Romaine Salad

1. Baked Pasta 15

Whole grain pasta tossed in a marinara sauce & mozzarella & ricotta cheese then baked. Served w/ bread stick
2. Bologna & Cheese Sub
Garden Salad

1. Gloria's Pizza 16

Whole Wheat Cheese Pizza Slice
2. Raisin Bagel Lunch
Caesar Salad

1. Stuffed Meatloaf 17

Ground beef seasoned & stuffed with ham & cheese served w/ Tator Tots
2. Italian Wrap w/lettuce & diced tomato
Vegetable Medley

1. Krisp n Krunchy 18

Chicken Tenders
Breaded chicken tenders served w/Spanish rice
2. Tuna Salad on a Bun
Steamed Broccoli

1. Gloria's Pizza 19

Cheese Pizza slice
2. Turkey BLT cheese wrap
Steamed Broccoli

1. Turkey Dinner 22

Roast turkey dinner & gravy served w/ stuffing, dinner roll
2. Chicken Ranch Sandwich
Cupped Strawberry Slices

1. Gloria's Pizza 23

Whole Wheat Cheese Pizza Slice
2. Greek Salad
Celery sticks w/ Ranch Dip

Early Release 24

All Levels

Happy 25

Thanksgiving

No School

Happy 26

Thanksgiving

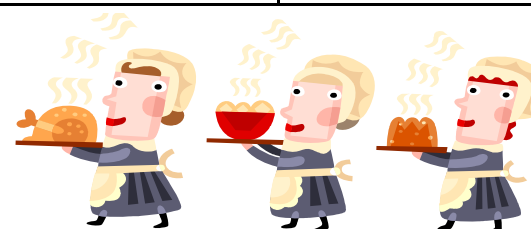
No School

1. Brunch Lunch 29

Cheese omelet, served w/ Turkey bacon & tator tots.
2. Veggie Wrap
Apple Crisp

1. Gloria's Pizza 30

Whole Wheat Cheese Pizza Slice
2. Nacho Lunch
Carrot Sticks w/ dressing



Veggie of the Month



DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS